

READY. SET. THRIVE.

Online tools to help you live a healthy life





My Health Manager

When you're a registered member on **kp.org**, you get a one-stop resource for managing your health online.* It offers time-saving features 24 hours a day, seven days a week. With My Health Manager, you can:

- E-mail your doctor's office
- View most lab test results
- Order prescription refills
- Request routine appointments
- View recent immunization records
- Use many of these same features on behalf of your child†
- Take a total health assessment and place a summary of your results in your electronic medical record

Your time and your health are important. Make them both a priority with My Health Manager. Learn more at **kp.org/experience**.

Classes and programs near you

Looking for new ways to meet familiar health challenges? Go to **kp.org/classes** to find health classes, support groups, and other programs available at your local medical facility. Classes and programs vary by location, and some classes may require a fee.

Healthy lifestyle programs

Together with HealthMedia®, we offer a personalized approach to improving your well-being with our healthy lifestyle programs.* Choose the program that's right for you and get a customized action plan that can help get your life headed in a healthier direction.

- Take a total health assessment with Succeed™
- Manage your chronic condition with Care™ for Your Health
- Lose weight with Balance™
- Eat healthy with Nourish™
- Manage diabetes with Care™ for Diabetes
- Quit smoking with Breathe™
- Reduce stress with Relax™
- Manage pain with Care™ for Pain
- Manage your back pain with Care™ for Your Back
- Manage depression with Overcoming™ Depression
- Get a good night's sleep with Overcoming™ Insomnia

Start making positive changes today. Visit **kp.org/healthylifestyles** for more information.

Other programs and resources

Complementary health

As a Kaiser Permanente member, you can take care of the whole you—mind, body, and spirit—with complementary health services like massage therapy and acupuncture.‡ Visit **kp.org/choosehealthy** for more information.

FitnessCoach® – Free subscription

With ChooseHealthy, you can receive a no-cost subscription to FitnessCoach® (\$69.95/year value) where you'll discover a wealth of information and online resources, including exercise/meal planners and trackers to help you reach your health goals. **kp.org/choosehealthy**

With Kaiser Permanente you get what you need to take an active role in your health. Our online tools and resources are right at your fingertips, day or night—ready to help you be the best you can be.

Health guides A to Z

Health encyclopedia

We've got lots of pages (actually more than 40,000) with in-depth information on health conditions, related symptoms, and treatment options at kp.org/health.

Symptom checker

Use our interactive visual aid to assess your symptoms. Click on the part of the body that's troubling you and learn what to do next at kp.org/symptoms.

Drug encyclopedia

Look up detailed descriptions of thousands of drugs at kp.org/medications. Find out how to use a medication, its possible side effects, and any precautions you should take. You can search by drug name or medical condition.

Natural Medicines Comprehensive Database

Visit kp.org/naturalmedicines to find answers to your questions about dietary supplements, vitamins, minerals, and other natural products.

Look, listen, and learn

Get your health information to go. Download guided imagery audio programs and other wellness recordings at kp.org/listen. Or take in one of our health videos at kp.org/watch.

Interactive tools and calculators

Take a quiz or enter your information into one of our calculators to learn more about your health. Go to kp.org/calculators to find these interactive tools.

Featured health topics

Get timely health information in one convenient place at kp.org/featuredtopics. You'll find a variety of resources on popular subjects, including:

- allergies
- arthritis
- asthma
- child and teen health
- colds and flu
- complementary and alternative care
- depression
- diabetes
- fitness
- healthy aging
- heart health
- making health decisions
- men's health
- mind and body health
- nutrition
- pain management
- pregnancy/new baby
- preventive care
- quitting smoking
- surgery
- weight management
- women's health

10,000 Steps®

10,000 Steps is an easy-to-use walking program that can help get you on the path to better health. Take your first step by going to kp.org/10000steps. (10,000 Steps is a registered trademark of HealthPartners, Inc.)

Weight Watchers®

We've teamed up with Weight Watchers to help you reach your weight-loss goals. Visit kp.org/weightwatchers to learn more about these special offers.†



Our Locations

With many locations on the islands to choose from, it's easier to build a foundation for your good health. For information about Kaiser Permanente facilities in your area, visit kp.org/facilities.

Member Services

We're here to help you make the most of your membership. Find us online at kp.org/memberservices, or call one of the numbers below.

Hawaii

Mon.–Fri., 8 a.m.–5 p.m.;

Sat., 8 a.m.–noon

(808) 432-5955 Oahu

1-800-966-5955 Neighbor Islands

1-877-447-5990 (TTY, toll free)

kp.org

*To use the secure features of My Health Manager or to participate in a healthy lifestyle program, you'll need to register on our Web site. To get started, go to kp.org/register, then sign on with your user ID and password. Some services are not available in all areas.

†The "Act for a family member" function allows parents and/or legal guardians to access their child's online electronic health record and exchange secure messages with their child's health care team. Access to a child's record is subject to state law. To help ensure the privacy of a child's personal health information, parents and/or legal guardians must sign on with their own user IDs and personal passwords each time they use the feature. A parent or legal guardian must be a Kaiser Permanente member registered on kp.org to act on behalf of a child member.

‡These products and services are provided by entities other than Kaiser Permanente. These products and services are offered as extra services and are not covered services under your Kaiser Permanente benefit plan. Check your *Evidence of Coverage*, Member Handbook, or Service Agreement for details. Kaiser Permanente disclaims any liability for these discounted products and services, and we may discontinue offering these services at any time. While the formal grievance and appeals process is not applicable to these discounted products and services in Hawaii, should a problem arise with these services you may call the Member Services phone number for your region, and we will direct you as appropriate.



Please recycle.

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